

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets tonight, put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

SHOWING CHANGE IN TIMES

Historical Researches as to Status of the After-Dinner Speaker Are Somewhat Interesting.

James C. Cleary, the well-known New York lawyer and after-dinner speaker, while speaking at a banquet of hotel men in Boston, recently, referred to the "after-dinner speech" in this wise:

"I had occasion not long ago to conduct some little research into the origin, history, cause and effect of the after-dinner speech, and I was somewhat surprised to find that during the feudal days of England and also in Rome in the reign of Nero the object and purpose of the after-dinner speech were entirely different from what they are today. In those days it was considered and used exclusively as a barometer to indicate the mental and physical condition of the speaker. In other words, if the speaker, after spending an hour or perhaps several hours at the festal board, with convivial and other spirits, could then stand upon his feet and talk intelligently, or even coherently, he was considered to have demonstrated staying qualities of an exceptionally high order. In the course of time, however, the purpose of the after-dinner speech underwent a radical change, and now, instead of being used to indicate the condition of the speaker it has become a test of the physical endurance of the audience."

Aided Passenger in Peril.

A notable instance of the kindness of those in charge of trans-Atlantic liners developed recently aboard the liner Ryndam, which was stopped in mid-ocean and held on an even keel while the appendix of a passenger was removed. Beside the ship's surgeon, and the captain who stopped the ship, an American dentist co-operated with administering the anesthetic.

Damascus, in Syria, is the oldest of all existing cities.



In Building A Highway

you would build for efficient service now and for generations to come.

The "Road to Wellville" is built that way. And the password to that road is "right living," in which food and drink play such a big part.

More and more people are waking up to the need of banishing from the dietary heavy, indigestible foods, and food deficient in the vitalizing mineral salts. Food scientists now hold that the lack of these elements is one of the chief causes of a long list of ills, including anemia, constipation, nervous prostration, kidney trouble, and so on.

Long ago a food—now famous—was devised to make up for this lack, and it does it admirably.

That food is

Grape-Nuts

Made of whole wheat and barley, it contains all the nutrition of the grain, including those vital elements—phosphate of potash, etc.—which are indispensable for perfect balance of body, brain and nerves, and for warding off disease.

This food comes ready to eat, is economical, and delicious. Digests quickly—generally in about one hour—and is full of health-making goodness.

A ration of Grape-Nuts along with other food has started thousands on the "Road to Wellville."

"There's a Reason"

SOAP IS STRONGLY ALKALINE and constant use will burn out the scalp. Cleanse the scalp by shampooing with "La Creole" Hair Dressing, and darken, in the natural way, those ugly, grizzly hairs. Price, \$1.00.—Adv.

Ice-Breaker Carries Passengers. The ice-breaking ferryboat, Prince Edward Island, plying on the Straits of Northumberland, Canada, has palatial accommodations for passengers. It is the first boat of the kind to be so equipped.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents

Not the Soldier's Fault. A certain army officer took in to dinner at a Washington party a young lady who had just returned from England.

"The young soldiers," she said, "are having it all their own way with the girls over there now. Too much their own way, in fact. I know of a young Lieutenant in the Blues who is said to be engaged to seven girls simultaneously."

"Oh, well," said the officer, with a deprecatory smile—"oh well, Cupid, of course, is using a machine gun these days."—Washington Star.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the

Signature of *W. C. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Hatched From Unlaid Eggs.

Three chickens, hatched from eggs that were never laid, composed the interesting part of a window display of poultry remedies in a drug store recently, says a writer in Farm and Fireside.

Three laying hens, a white Orpington, a Rhode Island red and a black Minorca, were killed. I obtained an egg from each hen. The shell of the white Orpington egg was not fully developed, so I used gum arabic and adhesive plaster to finish the shell.

The three eggs were placed in an incubator, and hatched out three chicks, a white one, a black one and a red one. The chicks are roosters and are now large enough to crow.

Real Harm in Smoking.

Scientists at the Paris medical college have found by a series of experiments that, as physiologists have long asserted, tobacco smoke has an injurious effect on the heart, but that this effect is not dependent on the amount of nicotine contained in the tobacco; in fact, smoke from the combustion of materials other than tobacco appeared to be about as harmful. The deleterious effects are attributed to the multiple products of combustion in the smoke.

Railroad Ticket Many Years Old.

A twenty-nine-year-old ticket between Kansas City and Gallatin, Mo., which was used recently, had lain in the Leavenworth prison safe in the interim while the owner served a twenty-nine-year term subsequent to his arrest on the train just before the conductor came through.

New Zealand has 25,000,000 sheep.

IS ZONE OF DANGER

DEFENSE OF PANAMA CANAL IS NOW MATTER OF CONCERN IN WASHINGTON.

LARGE ARMY NEEDED THERE

Heavier Guns Also May Be Required—Authorities Recognize Treaties and International Laws Would Not Protect the Isthmian Waterway.

By GEORGE CLINTON.

Washington.—In discussing preparedness in congress and elsewhere less has been said about the needs of Panama canal defense than about any other one salient subject. It is perhaps likely that the authorities do not care to discuss openly the safety of the dangers in the case of the waterway provided war should come. The canal, however, is a vital spot to strike at and its defense is a matter of concern to the war department and presumably to congress.

The war department has been getting the finalities of information concerning the military needs of the Canal Zone from Brig. Gen. Clarence R. Edwards, who commands the American forces on the isthmus.

The war in Europe has proved that some things which were believed concerning the immunity of the Panama canal from danger are no longer to be heard. The appearance on shipboard of such guns as that used on board the Queen Elizabeth of the British navy and the certainty that even bigger weapons are to be put on the warships of the future, have changed somewhat the plans for the future safeguarding of our isthmian zone, which now perhaps may be called a zone of danger.

Some four or five years ago it was said that 10,000 troops must be stationed at all times within the limits of the American jurisdiction on the isthmus. It was intimated recently that army authorities thought 25,000 troops at least would be needed in the zone, and now comes General Edwards, who has been looking over the situation for about eighteen months, to add his word of positive assurance that nothing less than the number of troops last named will be adequate to serve some possible purpose of the future.

Treaties Are Poor Protection.

Before the war broke out over the water there were army men ready to say that no nation with which the United States was at war would attempt to destroy the Panama canal. It was said that attempts might be made to put a lock out of commission, or to blow up a retaining wall, but that no civilized nation, even during the spur of war with the United States, would attempt to damage the canal so as to put it out of commission for years.

The understandings which exist among nations concerning the use of the canal, it was supposed two years ago, would be sufficient to prevent the foe from doing anything more than attempting temporarily to make the canal useless. In view of the treaty breaking and the disregard of the laws of civilized warfare which have marked the contest abroad it now seems to be the belief of military authorities that not only would attempts be made to destroy the canal in case the United States was at war with a foreign power, but that the same course might be pursued by some nation at war with another nation not the United States. The thought is that if one country thought another country was going to be able to use the waterway for its own purposes it might send an airship to drop bombs on a lock.

May Need Bigger Guns.

The main defenses of our isthmian waterway today are the fortifications just off the northern and the southern entrances. If plans are carried through these fortifications ultimately will be supplied with guns heavy enough to prevent any forcing of the approach by ships of war. It may be and perhaps is true that the guns which are there today, or will be there within a very short time, are formidable enough to meet proper defense conditions. But if the navies of other nations continue to increase the size of the guns which they carry it is recognized that the United States must keep pace with the advance and see to it that its guns at the Panama forts are as big as they ought to be.

It does take 25,000 men to man the heavy gun fortifications, which guard the isthmian approaches. The chief danger to the canal is not from sea attack on the forts which guard the entrances. If our navy should be knocked out by an enemy which desired the destruction of the canal, the coup would be accomplished by landing a force under cover of the guns of the enemy's ships at some distance from the canal. Then the overland attack would be made.

Inland fortifications for land batteries have been constructed at proper places in the Canal Zone. Everything that can be done with the "over at hand" has been done to make the place safe. There has not been money enough nor have there been men enough thus far allotted to put the defense plan on the plane which it is said it should occupy.

Annapolis Story Exaggerated. Within a few days a message has flashed through the country to the effect that 220 midshipmen at the naval academy have been found deficient in their studies and probably will be dismissed from the service.

The Devil's Bible.

A remarkable exhibit at the royal palace in Stockholm is the so-called Devil's Bible, a huge copy of the Scriptures, written on 300 prepared asses' skins. Tradition says that it took 500 years, or from the eighth to the thirteenth century, to complete the work, which is so large it occupies an entire table. According to another tale, Satan did the job in a night and gave the monkish scribe of the gift a picture of his fiery self for the frontispiece.

Worth Knowing.

To remove rust from steel rub the rusted part well with sweet oil and allow it to stand for 48 hours. Then rub with a piece of soft leather and sprinkle with finely powdered unaltered lime until the rust disappears.

The Suicide Age.

According to an Italian scientist who has classified 4,000 cases of self-destruction, more suicides occur between the ages of fifteen and twenty-six than at any other period in life.

There are 900 middies at Annapolis, not nearly enough to meet the requirements of the service if all of them should graduate. Therefore it must have been a bit startling to the country to learn that much more than one-fifth of these boys were slated for a return to civil life.

The ships of the navy constitute this country's first line of defense. The ships must be officered by men trained to the work. So it follows that the United States Naval academy where the officers are trained is an important factor in the solidity of the first line.

Moved by a desire to learn something about the real conditions in the case, I went to Annapolis. It may be gratifying to the public to learn that the middies' misfortunes are not so great as they have been chronicled. It is true that 220 of them in one way or another have been found to be not quite up to the high-tide mark in some study or other, but unquestionably it will be necessary to discharge only about fifty of the young sailors from the service. It is not a large number when consideration is given to the high standard of the study and discipline requirements of the United States Naval academy.

Many Officers Are Necessary.

There are about 400 ships of all kinds, classes and conditions in the United States navy. On one of the big ships alone between thirty or forty officers, irrespective of chaplains, doctors and marine officers, are required for duty. Of course on the smaller ships the number is much less, but it can be seen that a huge number of men trained to command is needed for the service.

In addition to the officers on ship and sea service, hundreds of others are needed for the construction and other bureaus and for service in the department at Washington. The United States navy has not enough officers for its service as it stands today. It is expected that before congress adjourns legislation will be enacted to increase the attendance at the naval academy by 300 students. The house has passed the bill. When this legislation is complete there will be 1,300 youngsters studying modern seamanship in all its branches, and even then, with the ship increases planned for the navy itself, Annapolis will not be able to graduate enough officers to fill the needs in the case.

Take it all in all, the discipline at Annapolis is nothing like as strict as it is at West Point, although it is vastly stricter than it is at any civilian school in the United States; and yet it is not strict enough, as some people view it, for the good of the service.

Child Labor Bill's Prospects.

The child labor bill has been passed by the house of representatives. It is the belief that the measure will pass the senate and if so it is certain to be signed by the president. The friends of child labor legislation say that it is a companion for preparedness measures, and the argument made is that legislation safeguarding the health of the children will insure that real manhood and real womanhood are to be treasures of the nation in the future.

The basis of the child labor bill which the house of representatives has passed by an overwhelming vote is to forbid the entrance into interstate commerce of any goods in whose manufacture the labor of children under fourteen years of age has entered. It also forbids interstate commerce in goods which children under sixteen years of age have helped to make, provided they were compelled to work at night, or longer than eight hours.

Child labor legislation has an interesting history in congress. Some eight or ten years ago a strong effort was made by one or two senators to secure a patient hearing on a bill much like that which has just passed the house. They could not get a hearing. When the proponents of the bill spoke in its behalf senators left their seats for the cloakroom or for the restaurant. In the house of representatives there was every evidence that child labor legislation would be given scant consideration. Republicans and Democrats alike were against it except in some rare instances.

Great Change in Sentiment.

It was said that the legislation struck at the roots of state rights, that it invaded the sacred precincts of the home and robbed the father and the mother of the right to do what they wanted to do with their children. Actually it was intimated by some of the members of congress that if the father and mother wanted to work their children 24 hours a day, the state had no right to interfere.

What a change has come over congress since the day when child labor legislation was sneered at and spoken of as unconstitutional, disruptive of the home life, and as an army officer might put it, "prejudicial to good order and national discipline"! If someone eight years ago had suggested that such a measure eventually would go through the house by a majority which made the minority look like a fly speck, he would have been put down as a lunatic, and yet this very thing has happened. Democrats, Republicans, Progressives voted for the child labor bill and only a handful of irreconcilables was to be found to vote against it.

He's a Water-Loving Cat.

That a daily bath be given him was the stipulation upon which big Tom, a large gray cat, was turned over to a private family by the Animal Rescue league here. Since early summer Tom's pet diversion has been his daily "tub" in the drinking tank. Rescue league attendants say Tom is the only water-loving cat they have ever seen.—Kansas City Post.

Worth Knowing.

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The Suicide Age.

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HAPPENINGS of the week IN MISSOURI

As a result of the increased price of ore during the last thirty days a raise in wages of 25 cents a day has been given the miners of the Missouri-Oklahoma-Kansas mining district. Nearly 10,000 men are affected. High grade ore now is bringing \$125 a ton.

Judge M. R. Maick is dead at his home in the north part of Henry county after a short illness. He was a wealthy farmer and formerly presiding judge of that county. He was 70 years old.

A big mining transaction has just been closed by which a company headed by Senator Ed Wilkerson of Winfield, Kas., purchased the controlling interest in the Dick Turpin mine west of Carthage for \$125,000.

The \$3,000,000 good roads bond issue on which St. Louis county voted recently was carried by a vote of approximately 8,000 for to 1,300 against the proposition.

The Maryville city council has called for Friday, March 3, the election at which the commission government city manager plan will be submitted. A petition with 350 names was presented by representatives of the Commercial Club.

When sleds upon which they were coasting at St. Joseph simultaneously crashed into a street car at the foot of a hill, Teddy Walkowiak, 12 years old, and George Saulan, 11 years old, were probably fatally injured.

John Miller, 83 years old, one of Montgomery County's most wealthy farmers, died at his home near Montgomery City. His wife died several months ago. He leaves four sons, all farmers of that county.

H. E. Shackelford, 69 years old, is dead at Glasgow, after a three days' illness of pneumonia. He was traveling salesman for Arbuckle Brothers of Kansas City.

The body of Joseph Hudson, 38 years old, a dairyman, who has been missing a week, was found at the bottom of an abandoned mine near Joplin. It is believed that he slipped on the ice and fell into the opening.

The board of managers of the Missouri congress of mothers and Parent-Teacher Associations, at its concluding session in Springfield, selected April 27 and 28 as the dates for the annual convention to be held at Columbia.

Paul Williams, 19 years old, a member of the 1915 football team of Westminster college, was probably fatally injured at Fulton by being run over by a passenger engine in the Chicago & Alton railroad yards.

The main part of the plant of the Pine Grain Distilling Company, two miles west of Liberal, was destroyed by fire the other afternoon. A large amount of grain burned.

E. W. Stephens will not be a candidate for the Democratic nomination for governor of Missouri. This was the statement made recently by E. Sidney Stephens, son of the proposed candidate.

Mrs. Mary Hale, wife of Rev. L. S. Hale, a Baptist minister living near Shelbyville, died the other night. Rev. George Hale of Hannibal and Rev. Lewis Hale of Maryville are among the surviving children.

Listening to the persuasions of his uncle, William Jennings Bryan Wise, 29 years old, of Crane, visited a barber shop recently for the first time in his life and had his raven tresses, measuring two and one-half feet in length, cut off. The boy was born in Bryan's free silver campaign in 1896.

Carthage is being flooded with counterfeit dollars, and bankers and officers believe that a gang is making the spurious coins in that district and putting them in circulation there. All the coins bear the date 1882 and are unusually good imitations.

The Marionville Cold Storage Company, capitalized at \$25,000, has been formed at Marionville to provide the necessary facilities for handling the commercial apple output of orchards in that vicinity.

Charles C. Crickette, postmaster at Queen City, and formerly a Methodist minister, was arrested at his postoffice recently in connection with an alleged shortage of \$2,750 in his accounts with the government.

Four persons were rendered unconscious and eight others were made ill while making the trip in an auto bus from Gumbo to Clayton, St. Louis county. The body of the bus is completely inclosed and the vehicle is heated with two oil stoves, the fumes from which are believed to have caused the trouble.

George Croft, 80 years old, a resident of Pettis county for a third of a century, is dead at his home south of Sedalia. A widow and two children survive.

James Williams, 38, and Henry Counts, 43, were killed at the American Davey mine near Carthage when a plank in the cribbing of the shaft broke loose and fell 200 feet, striking them on the head and crushing their skulls.

Mr. and Mrs. Charles Wonell, who live on a farm near Houston, are awaiting the arrival of their son, Edward Wonell, 18 years old, who is on his way home from Europe. For five months he fought in the trenches as a British soldier.

Write Us a Postal Card Today

Just say:—"Please send me free full information how I can obtain a complete set of Oneida Community Par Plate Silverware free by saving the trade mark signatures from packages of

SKINNER'S MACARONI and SPAGHETTI PRODUCTS

We will answer by return mail and, in addition, will send you a beautiful 36 page book of recipes. Skinner's products are the highest quality and help you cut down wonderfully on meat bills.

SKINNER MANUFACTURING CO. The Largest Macaroni Factory in America Omaha, U. S. A.

Growing Suspicious.

There is a place down Third street where certain printers hang out when twilight has come and the day's work is over. And there's a reason!

In lifting type from galley to form a printer uses what is called a "make-up rule." It is a thin strip of steel, and you can buy 'em for about ten cents each.

But the man that runs the place where the Ben Franklin boys go has been led to believe that this little bit of steel is the printer's badge. Without it the printer can't work, according to his conception. He has been led to believe that.

So, when a printer asks him for the loan of a couple of dollars and is willing to leave the "make-up rule" as security, the genial host readily passes over the coin. He has a cigar box full of the thin strips of steel at present, and is beginning to think.—San Francisco Chronicle.

DON'T LOSE ANOTHER HAIR

Treat Your Scalp With Cuticura and Prevent Hair Falling. Trial Free.

For dandruff, itching, burning scalp, the cause of dry, thin and falling hair, Cuticura Soap and Ointment are most effective. Touch spots of dandruff and itching with Cuticura Ointment. Then shampoo with Cuticura Soap and hot water. No treatment more successful. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Well Acquainted.

"Do you know the nature of an oath, madam?" "Well, I ought to, sir. We've just moved, and my husband has been laying the carpets."

CLAIMS THAT SWAMP-ROOT SAVED HER LIFE

About nine years ago I had Rheumatism so bad that I was in bed for six weeks. I was not able to raise my head to take a drink of water. I was unable to move my hands or feet, and my back would hurt me so that words could not tell what I suffered. I saw Dr. Kilmer & Company's advertisement of Swamp-Root and I decided to try it and commenced to improve with the first bottle. I continued on with the use of Swamp-Root until I was restored to good health. I am now 67 years of age and I do my own house work for four in the family; also I do my own washing. I have not been troubled with the Rheumatism for the last eight years. I cheerfully recommend Dr. Kilmer's Swamp-Root to others as I believe it saved my life. Very truly yours, MRS. EMMA A. BOGGS, 1609 N. 9th St., Independence, Kansas, State of Kansas.

C. L. JUKES, Notary Public, County of Montgomery, Mo. Before me, C. L. Jukes, a Notary Public in and for said County and State, personally appeared Emma A. Boggs, to me known to be the identical person who executed the within and foregoing instrument of writing, and acknowledged to me that she executed the same as her free and voluntary act and deed for the uses and purposes therein set forth. In testimony whereof I have hereunto set my hand and affixed my Notarial Seal the day and year above mentioned. C. L. JUKES, Notary Public.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Long Journey to Safety.

Three thousand refugees from the devastated provinces of western Russia arrived in Irkutsk, the capital of Siberia, recently. Some of them had been 12 weeks journeying hither and thither.

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you darken your ugly, grizzly, gray hairs by using "La Creole" Hair Dressing.—Adv.

Endless.

"Paw, what's the longest period of time?" "From one pay day to the next."—Buffalo Express.

Carthage Mothers Find New Way To Keep Boys Free From Colds

Now They Are Not Afraid to Let the Children Run Outdoors Freely.

Every mother knows how hard it is to keep children, especially boys, indoors in bad weather. And yet if they run out it usually means croup or colds. Carthage, Mo., mothers have solved this problem by keeping plenty of fresh air in the bedroom at night, and applying a hot application of Vick's Vapo-Rub at the first sign of trouble.

Vapo-Rub really is a remarkable preparation. It is the invention of a North Carolina druggist, and is universally used in the South, but was introduced here only last winter.

It comes in salve form and is applied externally over the throat and chest. Externally—it acts like a poultice or plaster, relieving the tightness and soreness. Internally—it acts like a vapor-lamp, except that you do not have to keep the windows shut and the fresh air excluded as you do with the old-fashioned vapor-lamp. Vick's is so made that the body heat releases the ingredients in the form of vapors. These vapors are inhaled with every breath through the air passage to the lungs, carrying the medication right to the affected parts. Mrs. Lee Wilkerson, 409 E. Chest-



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Work is that of making men's underwear on power machines. Goods are all perfectly cut and the work is simply attaching the various pieces together. We guarantee you board while learning. Board in our modern Cambridge Court cottages \$2.50 per week. Call or write today. SEXTON MANUFACTURING CO. FAIRFIELD, ILLINOIS

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buys a paper that contains the best elements of an Insurance Policy, Bond and Savings Bank. You are guaranteed four per cent on your money, can borrow \$500 on each contract, at five per cent, with ten years to repay. Provides for a home, and constitutes insurance before and after death. Send for our booklet, "Co-operative Home Finance," EXPIRE REALTY & MORTGAGE COMPANY, NASHVILLE, TENNESSEE.

Every Fowl a Money Maker

Did you read about the man that raised some chickens away and sold 25 cents on the pound? Get the secret. We will tell you all to work—there should not be a chicken or a fowl that is not earning money—Get my new Big Free Book. Tell of Chickens, Turkeys, Geese and Ducks. Incubators, Brooders and everything of all kinds. Henry Seimacher, Inc., 27 N. 4th St., St. Louis, Mo.

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Warner's Safe Kidney and Liver Remedy